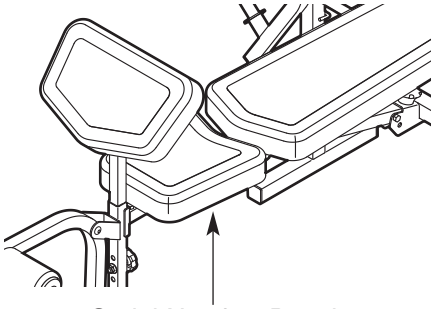
WEIDER® 195 TC

Model No. WEEVBE9909.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009
From Ireland: 00 (44) 53 9236102

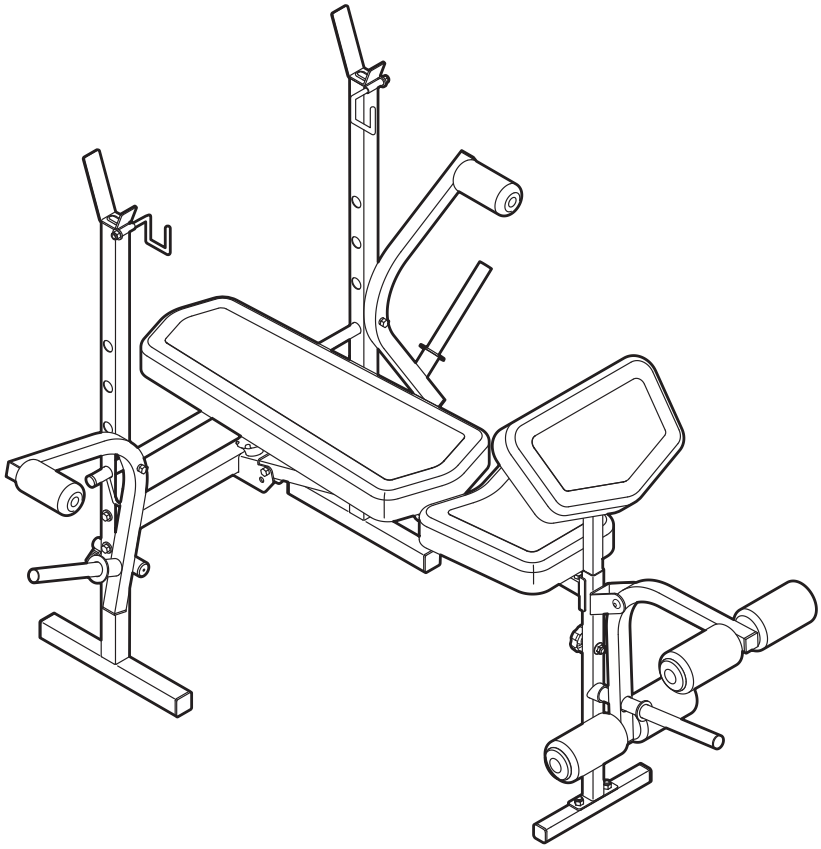
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood
West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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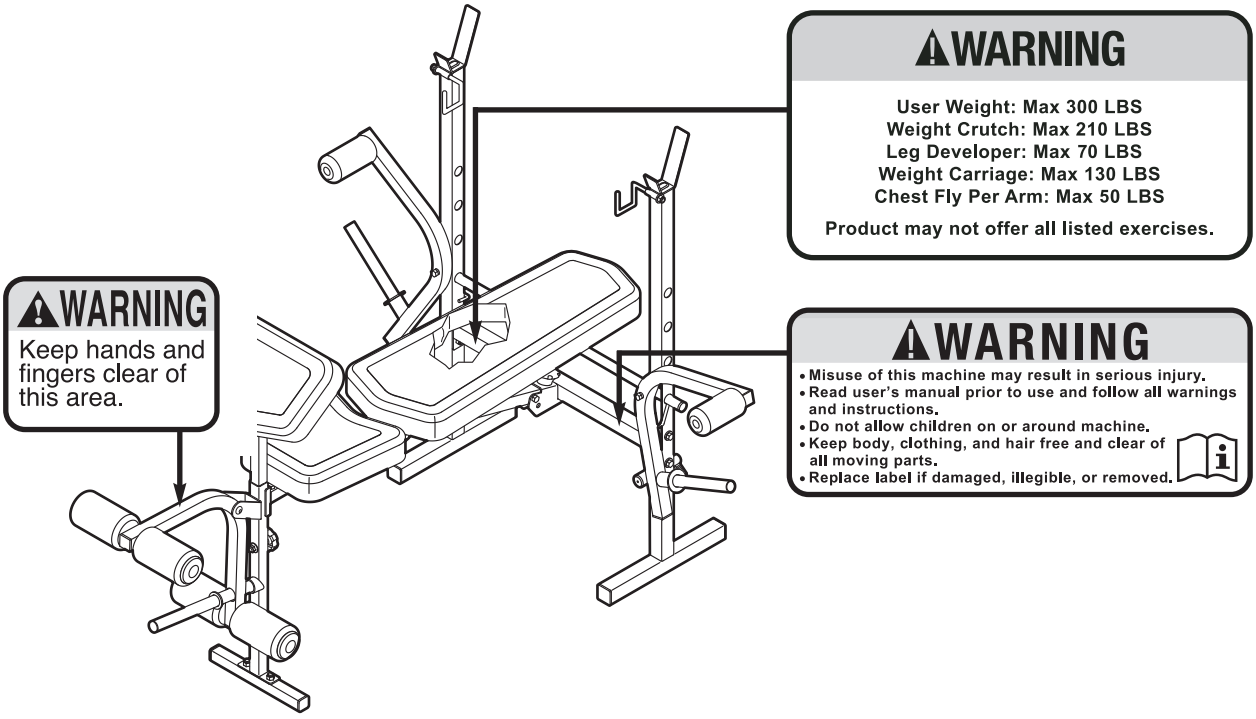
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 210 LBS
Leg Developer: Max 70 LBS
Weight Carriage: Max 130 LBS
Chest Fly Per Arm: Max 50 LBS
Product may not offer all listed exercises.
WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

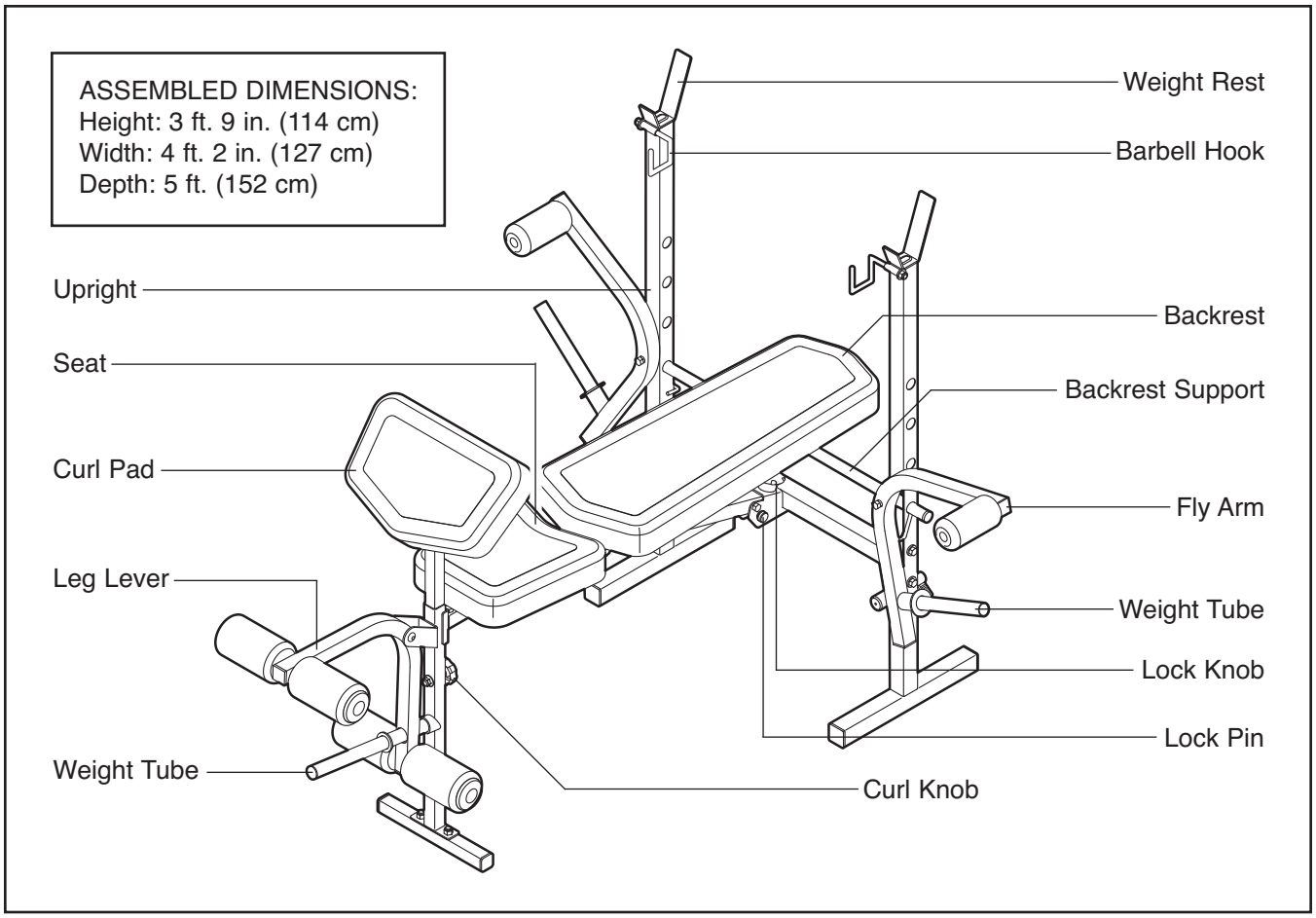
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
4. **The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.**
5. **Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under the age of 12 and pets away from the weight bench at all times.**
8. **Keep hands and feet away from moving parts.**
9. **Always wear athletic shoes for foot protection while exercising.**
10. **The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights, on the weight rests. Do not place more than 70 lbs. (32 kg) on the leg lever. Do not place more than 50 lbs. (23 kg) on each fly arm. Note: The weight bench does not include a barbell or weights.**
11. **Always place equal amounts of weight on both ends of your barbell when using it.**
12. **Do not use a barbell that is longer than 5 ft. (1.5 m) with the weight bench.**
13. **When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.**
14. **When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
15. **When using the backrest in an inclined position or a level position, make sure that the backrest support is inserted completely through the uprights and turned to the locked position.**
16. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the new WEIDER® 195 TC weight bench. The weight bench offers a selection of exercises designed to develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

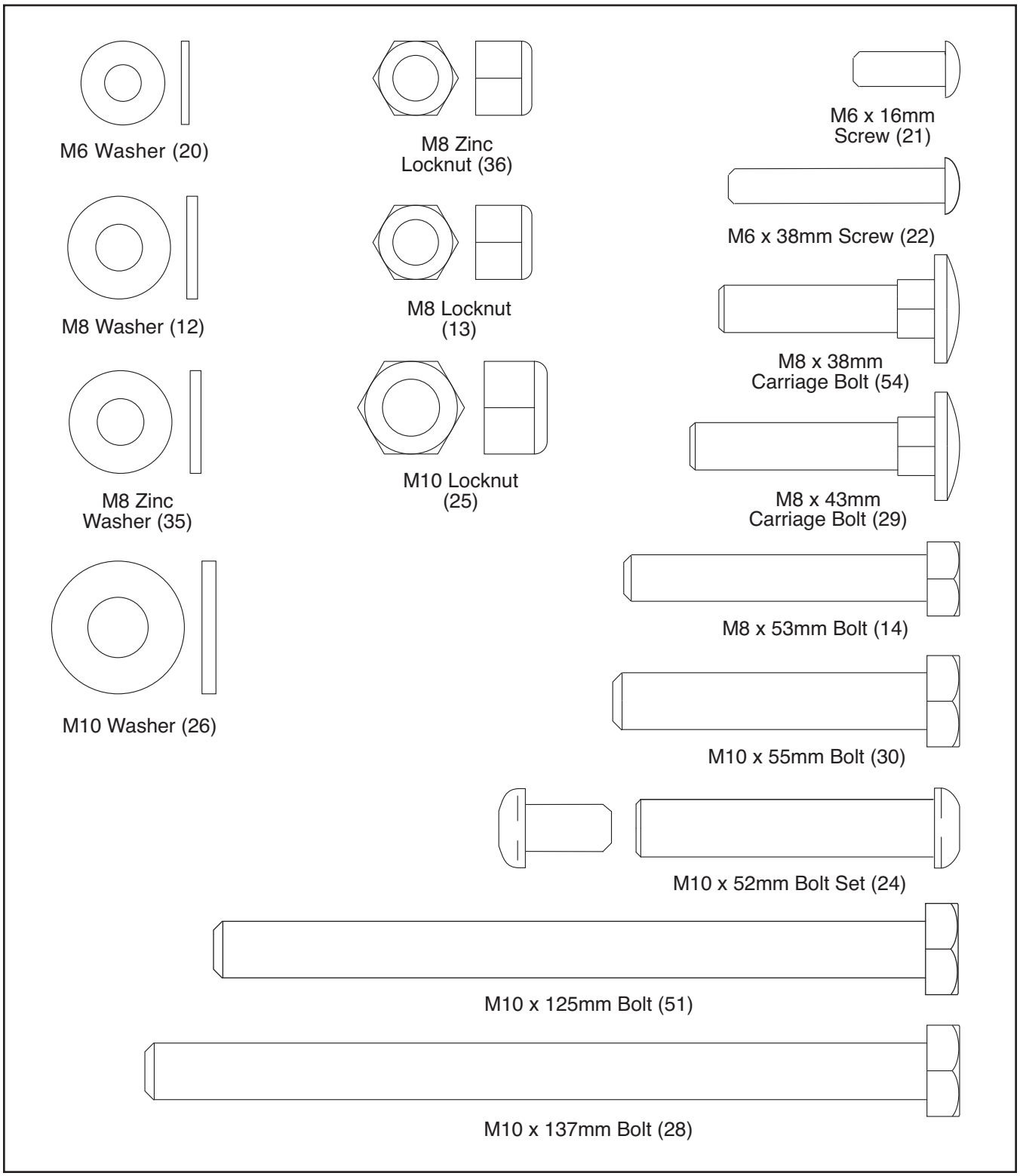
For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part refers to the key number of the part from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**


M6 Washer (20)
M8 Zinc Locknut (36)
M6 x 16mm Screw (21)
M6 x 38mm Screw (22)
M8 Washer (12)
M8 Locknut (13)
M8 x 38mm Carriage Bolt (54)
M8 Zinc Washer (35)
M10 Locknut (25)
M8 x 43mm Carriage Bolt (29)
M8 x 53mm Bolt (14)
M10 Washer (26)
M10 x 55mm Bolt (30)
M10 x 52mm Bolt Set (24)
M10 x 125mm Bolt (51)
M10 x 137mm Bolt (28)

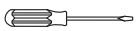
ASSEMBLY

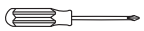
To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- The following tools (not included) may be required for assembly:

two adjustable wrenches

one rubber mallet

one standard screwdriver 

one Phillips screwdriver 

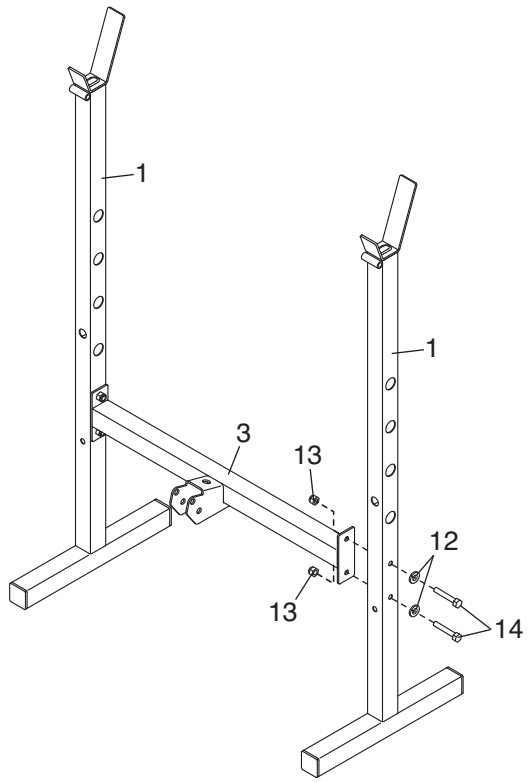
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above.**

Attach the Crossbar (3) to one of the Uprights (1) with two M8 x 53mm Bolts (14), two M8 Washers (12), and two M8 Locknuts (13). **Do not tighten the Locknuts yet.**

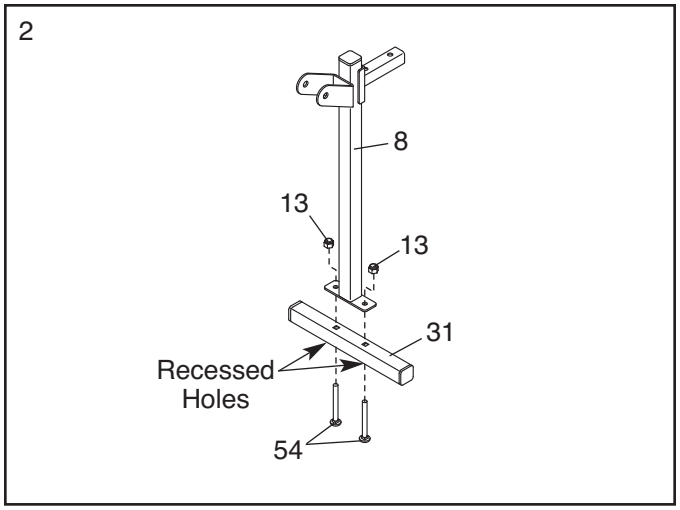
Attach the Crossbar (3) to the other Upright (1) in the same way.

1

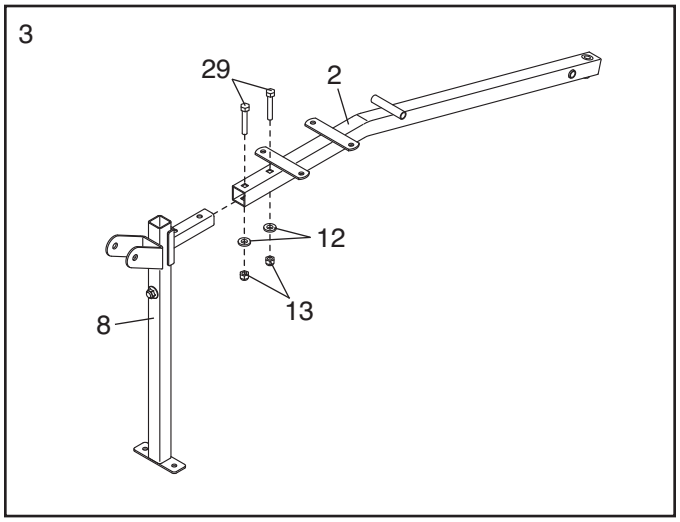


2. Orient the Base (31) so that the recessed holes are facing the floor.

   Attach the Base (31) to the Front Leg (8) with two M8 x 38mm Carriage Bolts (54) and two M8 Locknuts (13). **Do not tighten the Locknuts yet.**



3. Attach the Front Leg (8) to the Frame (2) with two M8 x 43mm Carriage Bolts (29), two M8 Washers (12), and two M8 Locknuts (13). **Do not tighten the Locknuts yet.**

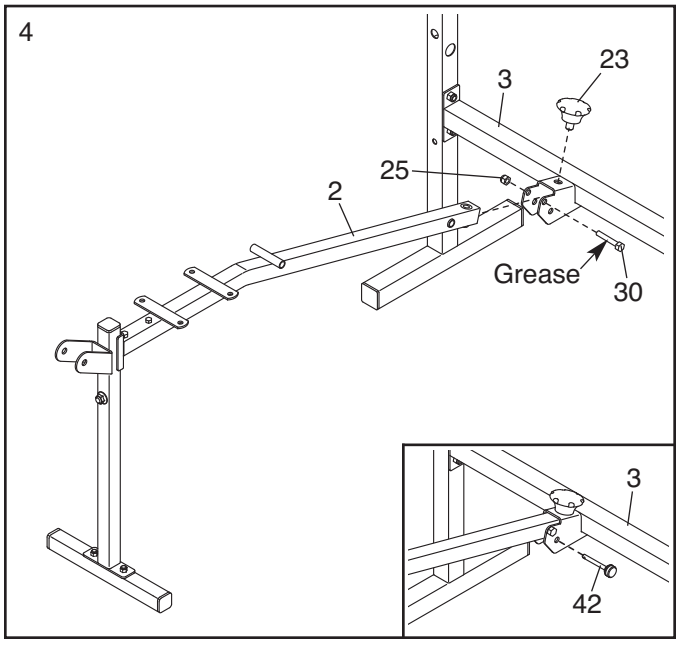


4. Apply some of the included grease to an M10 x 55mm Bolt (30).

   Attach the Frame (2) to the **upper** set of holes in the bracket on the Crossbar (3) with the M10 x 55mm Bolt (30) and an M10 Locknut (25). **Do not overtighten the Locknut; the Frame must pivot easily.**

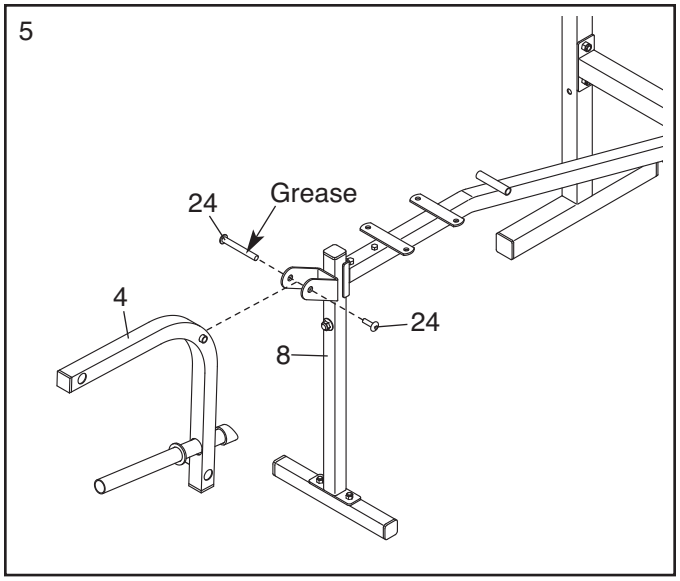
   Tighten the Lock Knob (23) into the bracket on the Crossbar (3) and into the Frame (2).

   See the inset drawing. Insert the Lock Pin (42) into the **lower** set of holes in the bracket on the Crossbar (3).



5. Apply grease to the barrel of an M10 x 52mm Bolt Set (24).

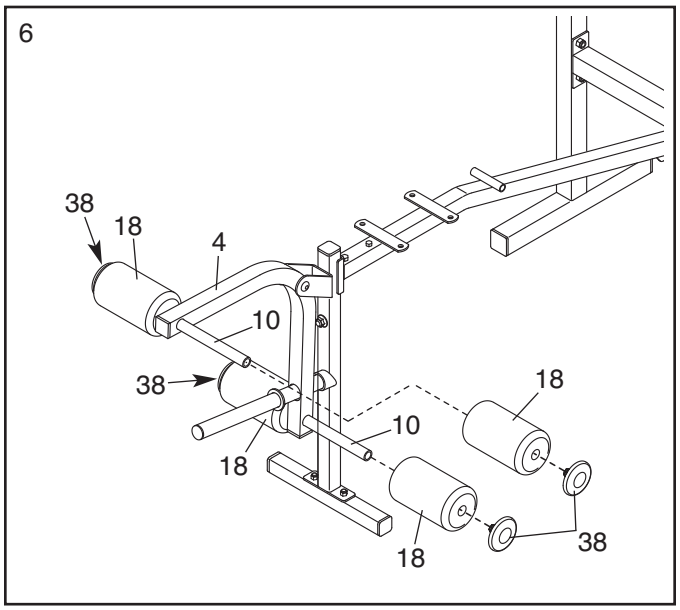
   Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the M10 x 52mm Bolt Set (24). **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



6. Insert the two Long Pad Tubes (10) into the Leg Lever (4).

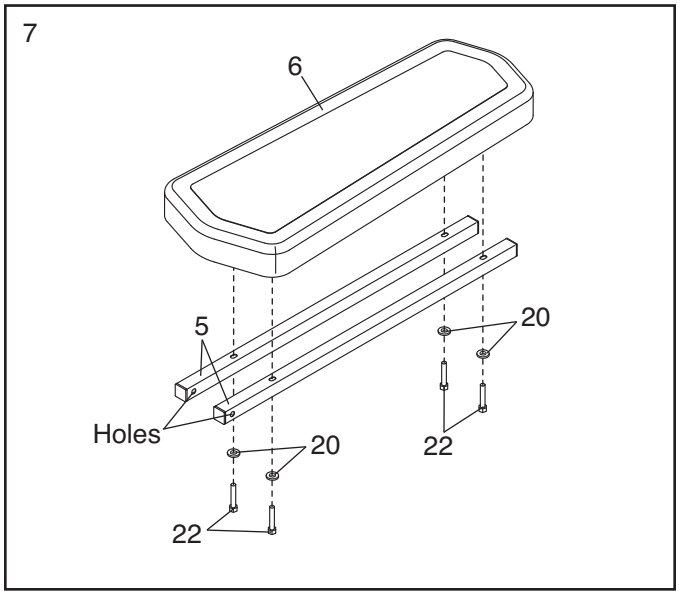
   Slide two Large Foam Pads (18) onto each Long Pad Tube (10).

   Press a 19mm Round Inner Cap (38) into each Large Foam Pad (18).



7. Orient the Backrest (6) and the two Backrest Tubes (5) as shown.

   Attach the Backrest Tubes (5) to the Backrest (6) with four M6 x 38mm Screws (22) and four M6 Washers (20). **Do not tighten the Screws yet.**



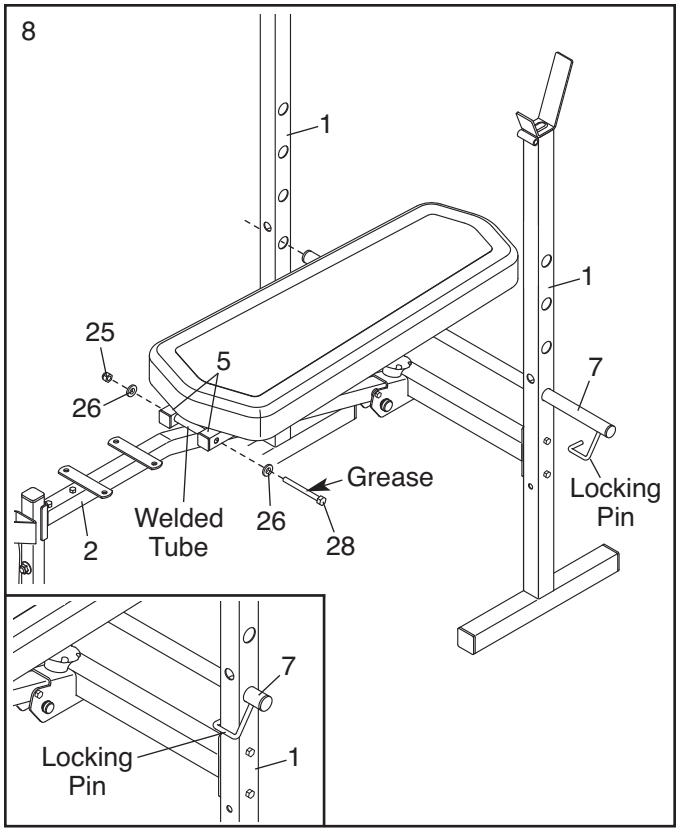
8. Insert the Backrest Support (7) into a set of holes in the Uprights (1). **See the inset drawing.** Rotate the Backrest Support to the locked position, with the locking pin wrapped around the Upright.

   Apply grease to an M10 x 137mm Bolt (28).

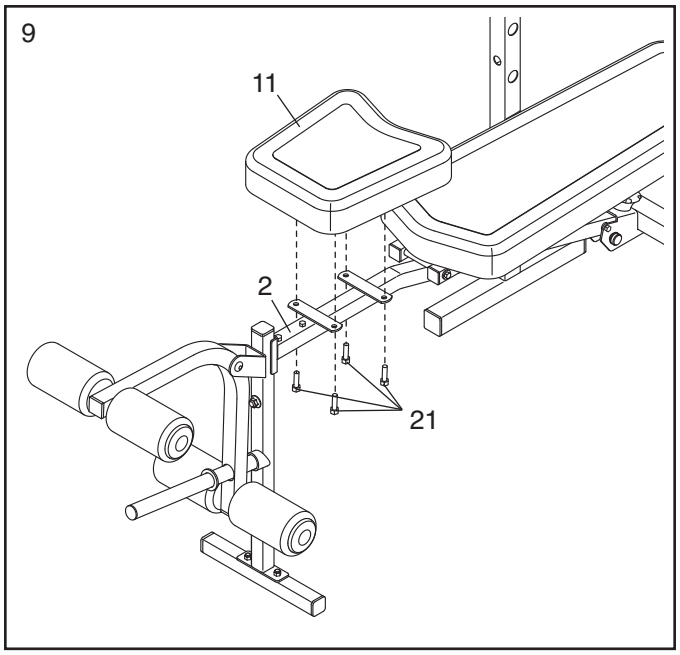
   Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the M10 x 137mm Bolt (28), two M10 Washers (26), and an M10 Locknut (25). **Do not overtighten the Locknut; the Backrest Tubes must pivot easily.**

   See steps 1–3. Tighten the M8 Locknuts (13) used in these steps.

   See step 7. Tighten the four M6 x 38mm Screws (22).

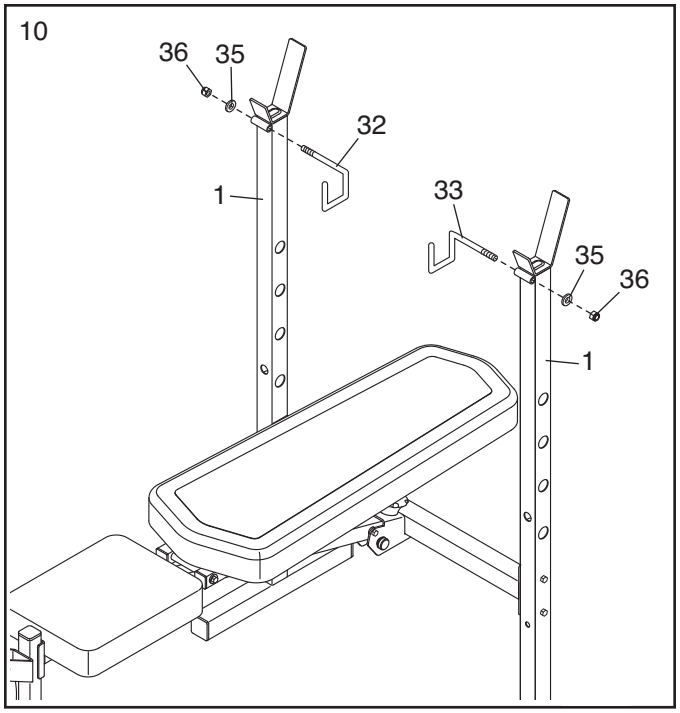


9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (21).



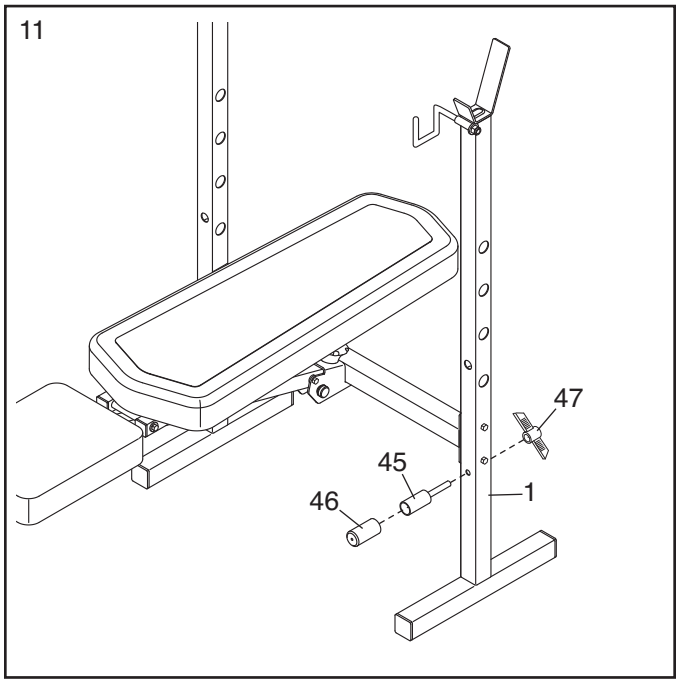
10. Attach the Left Barbell Hook (33) to the left Upright (1) with an M8 Zinc Locknut (36) and an M8 Zinc Washer (35). **Do not overtighten the Zinc Locknut; the Barbell Hook must pivot freely.**

    Attach the Right Barbell Hook (32) to the right Upright (1) in the same way.



11. Attach a Bumper (45) to the left Upright (1) with a Wing Knob (47). Press a Bumper Cover (46) onto the Bumper.

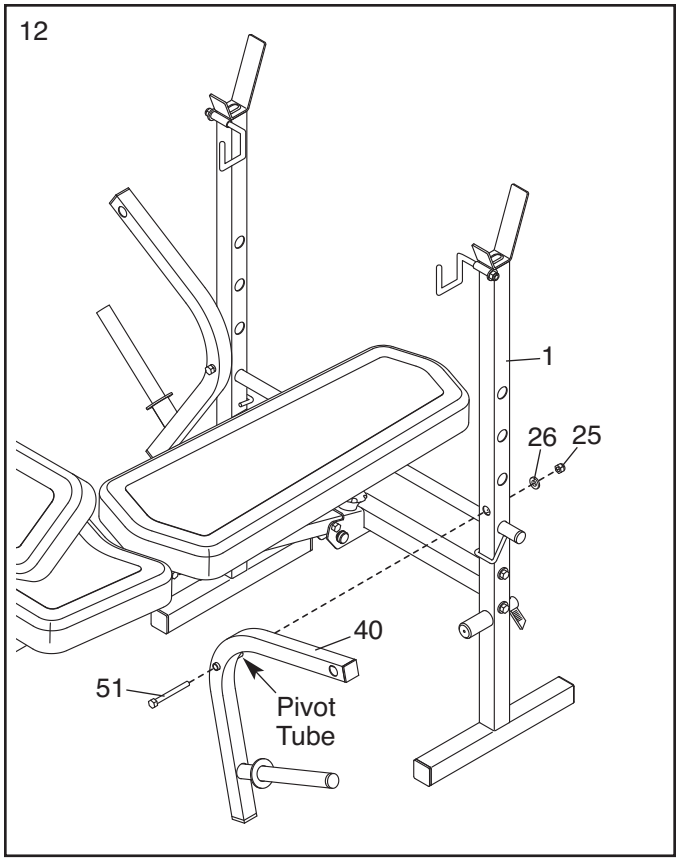
    Repeat this step for the other side of the weight bench.



12. Identify the Left Fly Arm (40), which has a pivot tube on the indicated side.

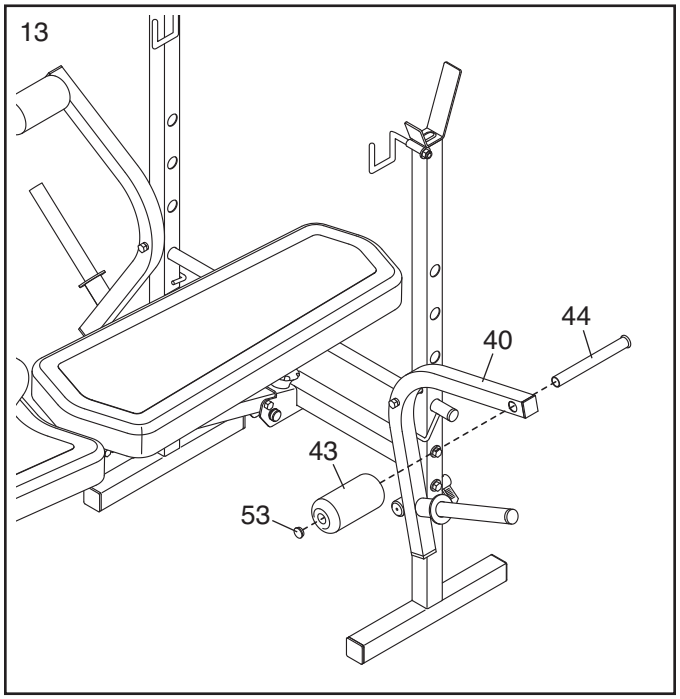
    Attach the Left Fly Arm (40) to the left Upright (1) with an M10 x 125mm Bolt (51), an M10 Washer (26), and an M10 Locknut (25).

    Repeat this step for the other side of the weight bench.

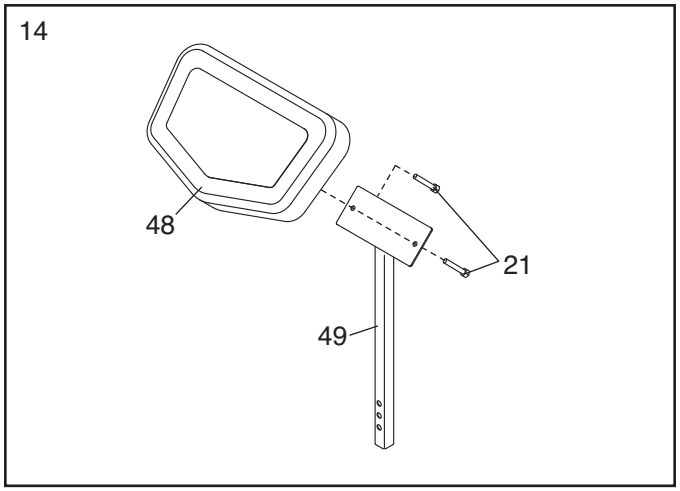


13. Insert a Short Pad Tube (44) into the Left Fly Arm (40). Slide a Small Foam Pad (43) onto the Short Pad Tube, and press a 19mm x 1mm Round Inner Cap (53) into the Short Pad Tube.

    Repeat this step for the other side of the weight bench.



14. Attach the Curl Pad (48) to the Curl Post (49) with two M6 x 16mm Screws (21).



15. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENT, starting on page 13.**

ADJUSTMENT

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises.

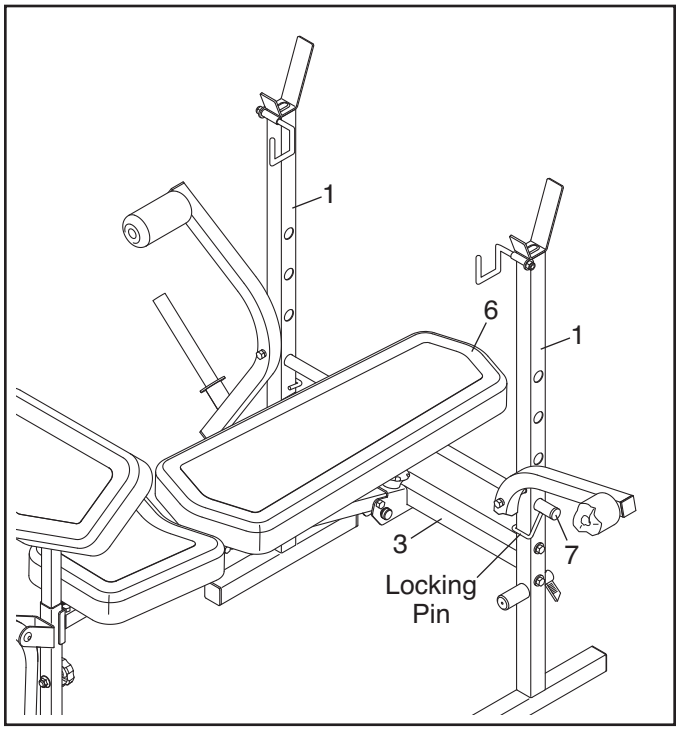
Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. **Do not use solvents to clean the weight bench.**

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or any of three inclined positions.

To use the Backrest (6) in a declined position, remove the Backrest Support (7) and lay the Backrest on the Crossbar (3).

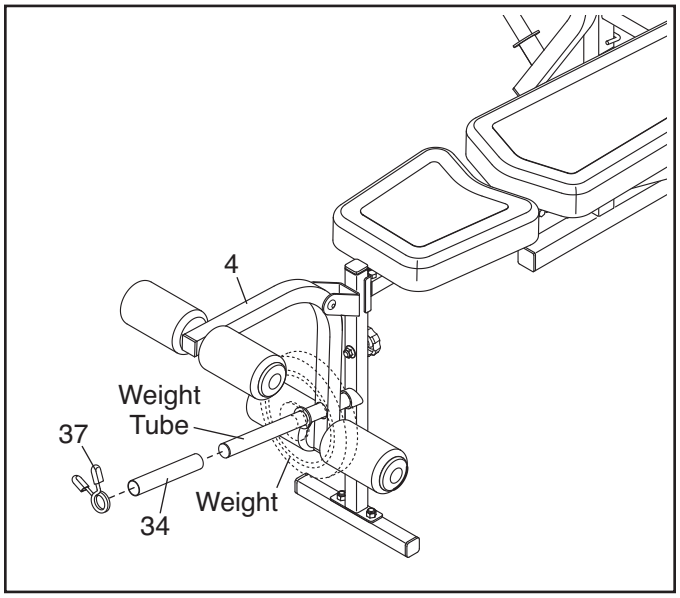
To use the Backrest (6) in a level position or an inclined position, insert the Backrest Support (7) into a set of holes in the Uprights (1). Rotate the Backrest Support to the locked position, **with the locking pin wrapped around the left Upright.** Then, rest the Backrest on the Backrest Support.



USING THE LEG LEVER

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube on the Leg Lever. If the weights have large center holes, first slide the Weight Adapter (34) onto the weight tube. **Secure the weights with a Weight Clip (37).**

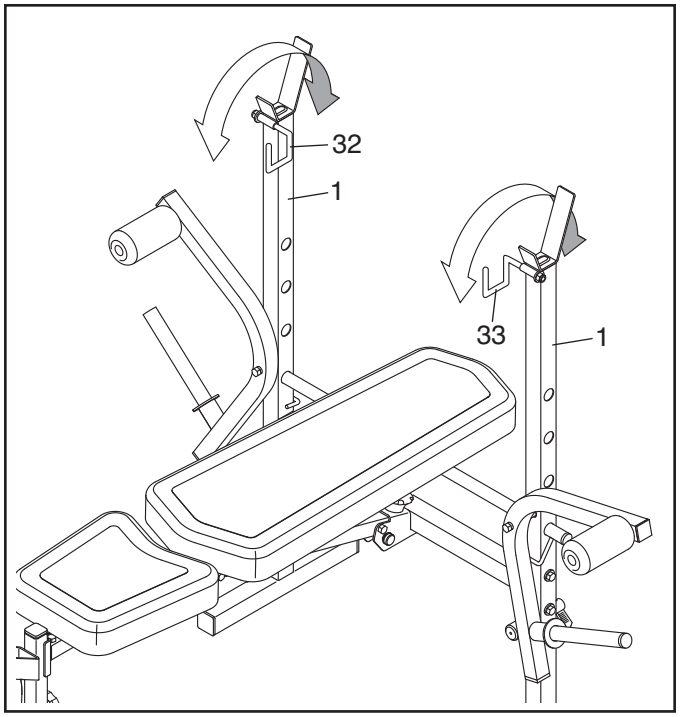
⚠ WARNING: Do not place more than 70 lbs. (32 kg) on the Leg Lever (4). When using the Leg Lever, place a barbell with the same amount of weight on the weight rests to balance the weight bench.



USING THE BARBELL HOOKS

To add or remove weights (not included) while your barbell (not included) is on the Uprights (1), secure the barbell by rotating the Right and Left Barbell Hooks (32, 33) over the barbell. This will reduce the chances that the barbell will tip while you are changing weights.

⚠ WARNING: Do not place more than 210 lbs. (95 kg) on the weight rests.

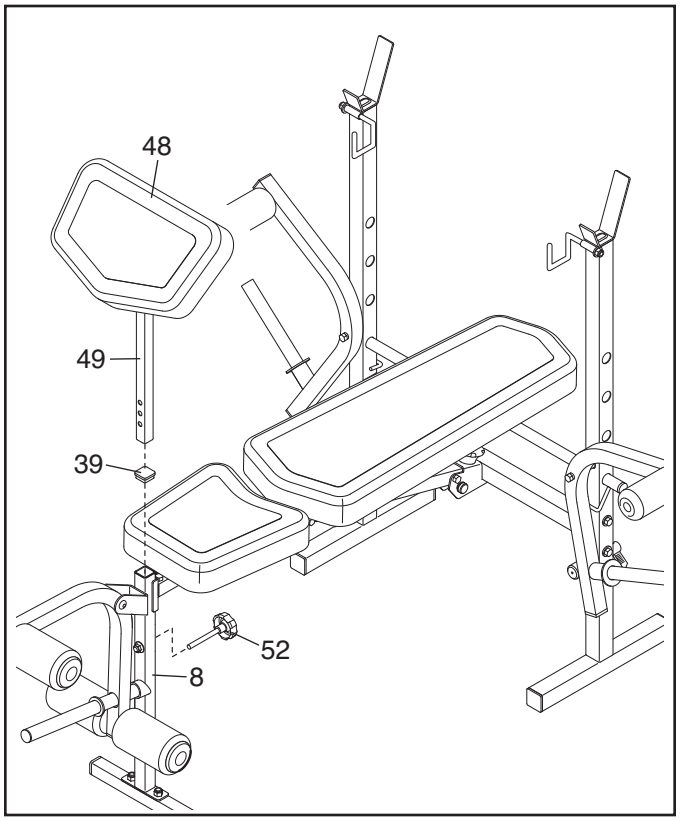


USING THE CURL PAD

To use the Curl Pad (48), first remove the 30mm x 2mm Square Inner Cap (39) from the Front Leg (8).

Then, insert the Curl Post (49) into the Front Leg (8), and attach the Curl Post with the Curl Knob (52). **Make sure the Curl Knob passes through one of the holes in the Curl Post.**

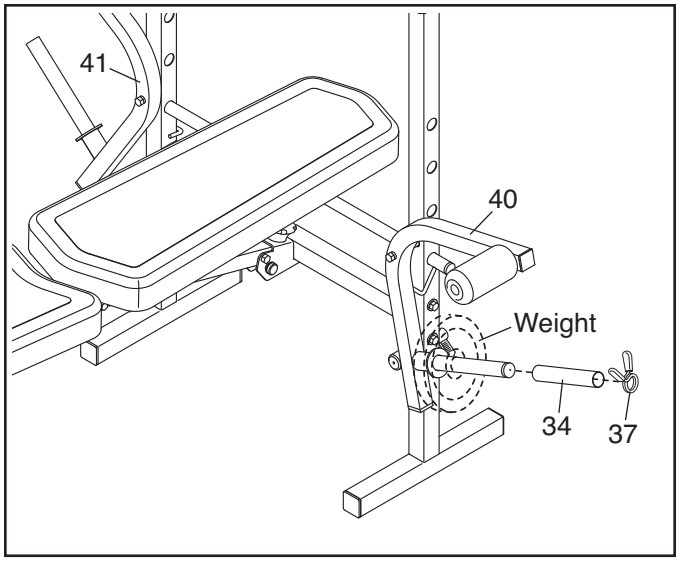
Note: When you are not using the Curl Pad (48), remove the Curl Post (49) and reinsert the 30mm x 2mm Square Inner Cap (39) into the Front Leg (8).



USING THE FLY ARMS

To use the Right and Left Fly Arms (40, 41), slide the desired weights (not included) onto the weight tubes on the Fly Arms. If the weights have large center holes, first slide a Weight Adapter (34) onto each weight tube. **Secure the weights with Weight Clips (37).**

⚠ WARNING: Do not place more than 50 lbs. (23 kg) on each Fly Arm (40, 41).



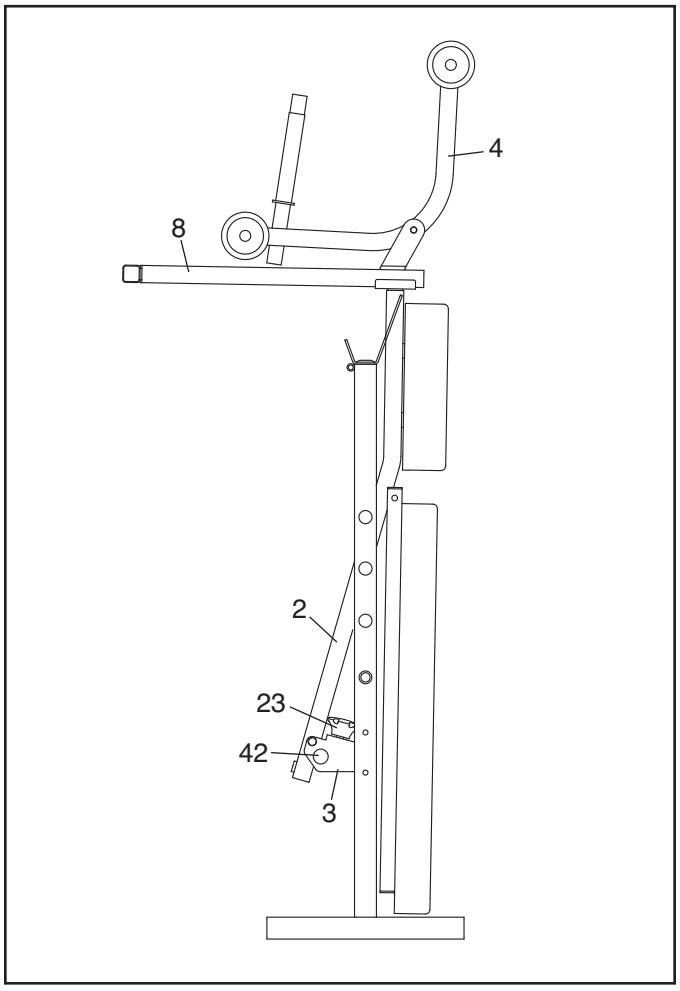
STORING THE WEIGHT BENCH

Before storing the weight bench, remove any weights from the Leg Lever (4).

To store the weight bench, first remove the Lock Knob (23) and the Lock Pin (42) from the bracket on the Crossbar (3).

Next, raise the Frame (2) and the Front Leg (8) to the position shown.

Then, insert the Lock Pin (42) into the side of the bracket on the Crossbar (3), and insert the Lock Knob (23) into the top of the bracket. The Lock Pin will prevent the weight bench from unfolding.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:
- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:
- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:
- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

PART LIST—Model No. WEEVBE9909.0

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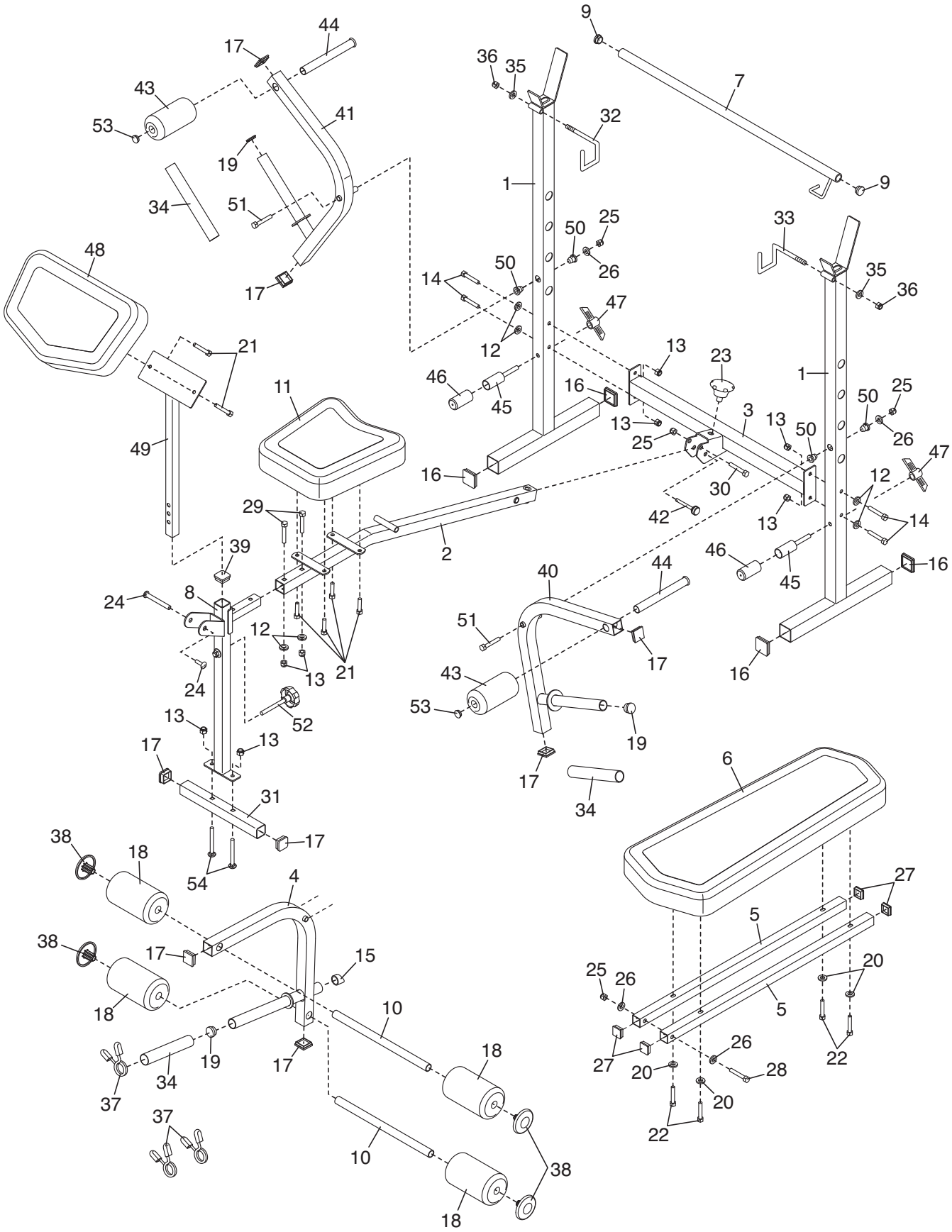
Key No.	Qty.	Description
1	2	Upright
2	1	Frame
3	1	Crossbar
4	1	Leg Lever
5	2	Backrest Tube
6	1	Backrest
7	1	Backrest Support
8	1	Front Leg
9	2	22mm Round Inner Cap
10	2	Long Pad Tube
11	1	Seat
12	6	M8 Washer
13	8	M8 Locknut
14	4	M8 x 53mm Bolt
15	1	25mm Round Angled Cap
16	4	38mm Square Inner Cap
17	8	30mm Square Inner Cap
18	4	Large Foam Pad
19	3	25mm Round Inner Cap
20	4	M6 Washer
21	6	M6 x 16mm Screw
22	4	M6 x 38mm Screw
23	1	Lock Knob
24	1	M10 x 52mm Bolt Set
25	4	M10 Locknut
26	4	M10 Washer
27	4	25mm Square Inner Cap
28	1	M10 x 137mm Bolt
29	2	M8 x 43mm Carriage Bolt
30	1	M10 x 55mm Bolt
31	1	Base
32	1	Right Barbell Hook
33	1	Left Barbell Hook
34	3	Weight Adapter
35	2	M8 Zinc Washer
36	2	M8 Zinc Locknut
37	3	Weight Clip
38	4	19mm Round Inner Cap
39	1	30mm x 2mm Square Inner Cap
40	1	Left Fly Arm
41	1	Right Fly Arm
42	1	Lock Pin
43	2	Small Foam Pad
44	2	Short Pad Tube
45	2	Bumper
46	2	Bumper Cover
47	2	Wing Knob
48	1	Curl Pad
49	1	Curl Post
50	4	Bushing
51	2	M10 x 125mm Bolt
52	1	Curl Knob
53	2	19mm x 1mm Round Inner Cap
54	2	M8 x 38mm Carriage Bolt
*	–	User's Manual
*	–	Exercise Guide
*	–	Grease Packet
*	–	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEEVBE9909.0

R0709A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

Part No. 279546 R0709A

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